

Rockwood School District

Dec 2, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 1

Generated on: 11/15/2024 7:14:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 12/02/2024												
Rockwood Elementary Lunc	Total											
Corn Dog, Chicken Foster Farms	1 Each	240	40		2.00	1.50	100.0	8	9.0	30.0	9.0	2.50
Baked Beans Bush's Best	1/2 Cup	140	0		5.02	1.81	40.1	12	5.02	30.09	0.0	0.00
Tropical Fruit Salad	1/2 CUP	70	0		1.00	0.00	0.0	15	0.5	16.0	0.0	0.00
Bagel Minis Cinn Cream Cheese	1 Each	230	10		2.00	1.60	30.0	13	6.0	42.0	6.0	2.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0		2.00	1.80	11.0	8	5.0	15.0	10.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3728	608	4472	34.85	*22.44	*2293.1	233	164.13	458.74	140.66	41.31
% of Calories								25.0%	17.6%	49.2%	34.0%	10.0%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Dec 2, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 12/03/2024												
Rockwood Elementary Lunc	Total											
French Toast Sticks, Cinn Glzd	3 stick	210	105		2.00	1.80	40.0	8	8.0	28.0	7.0	2.50
Sausage, Link Pork Jones	2 links	130	20		0.00	0.36	0.0	0	4.0	0.0	13.0	4.00
Sweet Potato Crosstrax	1/2 cup (11 p	163	0		1.02	0.41	30.6	8	1.02	25.47	6.11	1.02
Sweet Potato Battered Seasoned	3 oz	173	0		1.08	0.54	32.4	8	1.08	26.97	7.55	1.08
Strawberry Frozen Cup	4.5 oz	90	0		1.99	0.36	0.0	18	1.0	21.92	0.0	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0		4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0		2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0		2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0		2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0		2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0		1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Goldfish Giant Cinnamon Graham	package	120	0		1.00	2.00	100.0	7	1.0	19.0	4.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0		2.00	1.80	11.0	8	5.0	15.0	10.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4583	683	5434	44.92	*39.70	*2865.9	270	171.70	601.00	171.33	46.41
% of Calories								23.5%	15.0%	52.5%	33.6%	9.1%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Dec 2, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 3

Generated on: 11/15/2024 7:14:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 12/04/2024												
Rockwood Elementary Lunc	Total											
Spaghetti w/Meatballs(Chicken)	3/4 cup/3me atba	405	55		7.74	3.82	83.3	*10	24.86	53.39	12.88	2.62
Breadstick, WG 1 oz	Breadstick	80	0		2.00	0.80	0.0	2	3.0	16.0	1.0	0.00
Green Beans, Italian	1/2 cup	28	0		3.40	0.61	34.4	*2	1.7	5.22	0.0	0.00
Grapes, Fresh Seedless	1/2 CUP	52	0		0.68	0.27	7.6	12	0.54	13.67	0.12	0.04
Cookie, Iced Sugar	Cookie	172	6		1.00	0.72	10.0	15	1.7	27.0	6.7	1.80
Muffin, Apple Cinnamon Chef P	Muffin	180	15		2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10		1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10		1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10		2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Goldfish Pretzels	package	90	0		1.00	0.72	10.0	0	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0		2.00	1.80	11.0	8	5.0	15.0	10.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4625	664	5055	46.64	*28.97	*2323.3	*280	186.41	586.92	173.86	45.77
% of Calories								*24.2%	16.1%	50.8%	33.8%	8.9%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Dec 2, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 12/05/2024												
Rockwood Elementary Lunc	Total											
Mandarin Orange Chicken Elem	#8 scoop 3.6	150	40		0.00	0.72	20.0	10	11.0	19.0	3.0	0.50
Rice, White	1/2 cup	110	0		0.53	0.98	22.1	0	2.21	23.85	0.3	0.09
Broccoli, Roast/Steamed	1/2 Cup	26	0		2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Pineapple Chunks	1/2 CUP	75	0		1.00	0.35	17.4	18	0.52	19.55	0.1	0.01
Cookie, Fortune	1 each	12	0		0.00	0.00	0.5	2	0.17	2.67	0.0	0.00
Tiger Bites Chocolate Grahams	pkg	120	0		2.00	1.20	0.0	7	2.0	21.0	4.0	1.00
Cracker Goldfish Cheddar	1 EACH	100	0		1.00	0.70	20.0	0	2.0	14.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0		2.00	1.80	11.0	8	5.0	15.0	10.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3640	598	4134	32.11	*22.04	*2249.4	*222	164.33	445.57	136.67	38.92
% of Calories								*24.4%	18.1%	49.0%	33.8%	9.6%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 12/06/2024												
Rockwood Elementary Lunc	Total											
Pizza Bagels Mini Cheese	4 each	260	20		4.00	1.80	350.0	4	21.0	24.0	9.0	5.00
Corn, Canned	1/2 CUP	102	0		3.04	0.54	1.2	5	3.04	23.49	1.52	0.00
Clementine	1 each	35	0		1.30	0.00	20.0	*N/A*	0.6	9.0	0.1	0.00
Waffle, Cosmic Confetti	Waffle	250	25		2.00	1.44	20.0	15	6.0	38.0	9.0	4.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0		2.00	1.80	11.0	8	5.0	15.0	10.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3695	603	4362	35.17	*21.31	*2514.1	*208	174.25	435.14	145.28	45.81
% of Calories								*22.6%	18.9%	47.1%	35.4%	11.2%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 12/09/2024												
Rockwood Elementary Lunc	Total											
Mozzarella Sticks Breaded	6 sticks	310	15		3.00	1.70	520.0	3	20.0	32.0	11.0	3.50
Marinara Sauce	1/4 Cup	30	0		1.00	0.50	14.0	4	1.0	6.0	0.5	0.00
Peas, Italian	1/2 cup	69	0		4.53	1.31	22.3	*0	4.27	12.86	0.23	0.04
Peaches, Diced Frozen Cup	4 oz cup	80	0		1.00	0.00	0.0	16	1.0	19.0	0.0	0.00
Bagel Minis Cinn Cream Cheese	1 Each	230	10		2.00	1.60	30.0	13	6.0	42.0	6.0	2.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0		2.00	1.80	11.0	8	5.0	15.0	10.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3767	583	4342	36.36	*22.64	*2709.3	*221	175.88	452.50	143.40	42.35
% of Calories								*23.5%	18.7%	48.1%	34.3%	10.1%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Dec 2, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 12/10/2024												
Rockwood Elementary Lunc	Total											
Soft Pretzel	1 each	150	0		3.00	1.80	20.0	1	5.0	30.0	1.0	0.00
Cheddar Cheese Sauce	3 oz	130	30		0.00	0.00	288.0	0	7.0	5.0	10.0	6.00
Broccoli, Roast/Steamed	1/2 Cup	26	0		2.76	0.55	46.3	*N/A*	2.81	4.86	0.1	0.02
Blueberries, Frozen	1/2 Cup	40	0		2.20	0.14	6.0	*N/A*	0.32	9.5	0.5	0.04
Sweet Potatoes, Roasted	1/4 cup	80	0		2.12	0.43	21.2	*3	1.11	14.17	2.28	0.32
Cereal Cinnamon Toast Crunch	Bowl	100	0		4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0		2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0		2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0		2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0		2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0		1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Goldfish Giant Cinnamon Graham	package	120	0		1.00	2.00	100.0	7	1.0	19.0	4.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0		2.00	1.80	11.0	8	5.0	15.0	10.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4243	588	5309	48.90	*39.16	*3144.5	*232	172.85	562.18	151.54	44.18
% of Calories								*21.9%	16.3%	53.0%	32.1%	9.4%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 12/11/2024												
Rockwood Elementary Lunc	Total											
Pizza Dominos Cheese Slice 14"	slice	340	45		0.00	2.00	352.0	3	15.0	35.0	14.0	8.00
Pizza Dominos Pepperoni 14"	slice	350	45		1.00	2.70	318.0	3	16.0	35.0	16.0	8.00
Pizza Dominos Sausage 14"	slice	370	40		2.00	2.70	282.0	3	15.0	35.0	18.0	8.00
Pizza Papa John's Cheese	slice	350	40		2.00	2.70	250.0	5	16.0	39.0	15.0	8.00
Pizza Papa John's Pepperoni	slice	400	50		2.00	2.70	250.0	5	17.0	40.0	19.0	10.00
Pizza Papa John's Sausage	slice	400	50		2.00	2.70	60.0	5	16.0	39.0	19.0	9.00
Pizza Hut Cheese 14"	Slice	320	40		3.00	2.70	380.0	2	16.0	36.0	12.0	7.00
Pizza Hut Pepperoni 14"	Slice	350	45		3.00	2.80	285.0	2	16.0	35.0	15.0	7.00
Pizza Hut Sausage 14"	Slice	380	45		3.00	3.00	320.0	2	17.0	36.0	18.0	9.00
Corn, Canned	1/2 CUP	102	0		3.04	0.54	1.2	5	3.04	23.49	1.52	0.00
Pears, Diced Cinnamon	1/2 CUP	61	0		2.19	0.03	3.3	12	0.01	16.41	0.0	0.00
Muffin, Apple Cinnamon Chef P	Muffin	180	15		2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10		1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10		1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10		2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Goldfish Pretzels	package	90	0		1.00	0.72	10.0	0	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0		2.00	1.80	11.0	8	5.0	15.0	10.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Dec 2, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		7311	1003	11786	55.06	*47.32	*4689.4	287	301.66	841.55	300.68	115.31
% of Calories								15.7%	16.5%	46.0%	37.0%	14.2%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

Thu - 12/12/2024												
Rockwood Elementary Lunch	Total											
Chicken Drumstick or Thigh GC	Drum or Thig	230	75		1.00	1.08	20.0	0	16.0	11.0	14.0	3.50
Roll, WG Sister Schubert's 2oz	1 each	160	5		3.00	1.80	0.0	5	5.0	30.0	2.0	0.00
Sweet Potatoes, Roasted	1/2 cup	159	0		4.23	0.86	42.4	*6	2.22	28.34	4.55	0.63
Sidekick Icy Holiday	4.4 oz cup	90	0		0.00	1.44	90.0	21	0.0	23.0	0.0	0.00
Muffin, Apple Cinnamon Chef P	Muffin	180	15		2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10		1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10		1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10		2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Goldfish Pretzels	package	90	0		1.00	0.72	10.0	0	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0		2.00	1.80	11.0	8	5.0	15.0	10.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4527	683	4991	40.06	*27.94	*2340.4	*272	177.83	563.99	173.71	45.44
% of Calories								*24.0%	15.7%	49.8%	34.5%	9.0%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 12/13/2024												
Rockwood Elementary Lunc	Total											
Hamburger on Bun Elem	1 each	270	40		2.00	2.78	50.0	4	17.0	30.0	9.5	3.50
Cheeseburger on Bun Elem	1 EACH	326	53		2.00	*2.78	*50.0	5	19.53	31.01	14.06	6.03
Baked Beans BBQ Bush's	1/2 Cup	165	0		4.82	1.77	42.1	*15	4.83	36.47	0.0	0.00
Mixed Fruit, Cocktail	1/2 CUP	60	0		0.99	0.00	0.0	12	0.0	14.9	0.0	0.00
Chocolate Filled Brownie Bite	Bite	134	5		1.00	2.30	10.0	8	2.0	20.0	5.0	2.00
Waffle, Cosmic Confetti	Waffle	250	25		2.00	1.44	20.0	15	6.0	38.0	9.0	4.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0	10.00	4.48	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0		2.00	1.80	11.0	8	5.0	15.0	10.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4252	680	5271	37.64	*28.60	*2295.1	*243	192.97	511.02	163.22	52.34
% of Calories								*22.9%	18.2%	48.1%	34.5%	11.1%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Dec 2, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 12/16/2024												
Rockwood Elementary Lunc	Total											
Hot Dog on Bun	1 each	270	50		2.00	2.42	100.0	5	14.0	31.0	10.5	3.00
French Fries, Crinkle Cut	1/2 Cup	92	0		0.51	0.20	10.2	0	0.51	13.29	3.58	0.51
Mixed Berries Frozen Cup	4 oz cup	90	0		2.00	*N/A*	*N/A*	16	0.0	20.0	0.0	0.00
Bagel Minis Cinn Cream Cheese	1 Each	230	10		2.00	1.60	30.0	13	6.0	42.0	6.0	2.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0		2.00	1.80	11.0	8	5.0	15.0	10.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3730	618	4156	31.34	*21.76	*2263.2	219	164.12	446.93	145.74	42.32
% of Calories								23.5%	17.6%	47.9%	35.2%	10.2%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Dec 2, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 12/17/2024												
Rockwood Elementary Lunc	Total											
Pizza, Wild Mike Cheese 10-Cut	slice	390	35		1.00	2.00	404.0	6	19.0	37.0	15.0	7.00
Pizza, Wild Mike's w/Pepperoni	slice	409	44		1.00	1.86	353.0	6	19.88	36.15	17.44	7.15
Broccoli, Roasted w/Parmesan	1/2 Cup	55	2		1.99	0.42	51.7	*0	2.65	3.92	3.87	0.78
Apricots, Canned Diced	1/2 cup	62	0		2.00	0.38	13.0	*N/A*	0.76	15.76	0.14	0.00
Cereal Cinnamon Toast Crunch	Bowl	100	0		4.00	1.80	60.0	1	1.0	22.0	2.5	0.00
Cereal Cocoa Puffs 1 oz	1 Each	120	0		2.00	2.70	100.0	8	2.0	25.0	1.5	0.00
Cereal Lucky Charms 1 oz	bowl	110	0		2.00	2.80	90.0	9	2.0	23.0	1.0	0.00
Cereal Frosted Flakes 1 oz	1 each	100	0		2.00	1.80	0.0	6	2.0	24.0	0.0	0.00
Cereal Honey Cheerios 1 oz	1 oz bowl	110	0		2.00	5.40	200.0	6	3.0	22.0	1.5	0.00
Cereal Trix 1 oz	bowl	110	0		1.00	2.20	90.0	6	2.0	23.0	1.5	0.00
Goldfish Giant Cinnamon Graham	package	120	0		1.00	2.00	100.0	7	1.0	19.0	4.0	1.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0		2.00	1.80	11.0	8	5.0	15.0	10.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4734	638	5780	44.83	*40.89	*3584.6	*240	198.89	591.47	174.11	52.73
% of Calories								*20.3%	16.8%	50.0%	33.1%	10.0%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Dec 2, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 12/18/2024												
Rockwood Elementary Lunc	Total											
Chicken Brd Patty on Bun Elem	Sandwich	430	65		3.00	3.30	60.0	4	25.0	45.0	17.5	4.00
Baked Beans Bush's Best	1/2 Cup	140	0		5.02	1.81	40.1	12	5.02	30.09	0.0	0.00
Grapes, Fresh Seedless	1/2 CUP	52	0		0.68	0.27	7.6	12	0.54	13.67	0.12	0.04
Muffin, Apple Cinnamon Chef P	Muffin	180	15		2.00	1.00	20.0	12	2.0	28.0	7.0	1.00
Muffin, Banana Chef Pierre	Muffin	200	10		1.00	1.00	10.0	15	2.0	31.0	7.0	1.00
Muffin, Blueberry Chef Pierre	Muffin	170	10		1.00	1.00	10.0	14	2.0	27.0	6.0	1.00
Muffin, Double Chocolate Chef	Muffin	200	10		2.00	1.50	15.0	14	3.0	29.0	6.0	1.50
Goldfish Pretzels	package	90	0		1.00	0.72	10.0	0	2.0	16.0	1.5	0.00
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0		2.00	1.80	11.0	8	5.0	15.0	10.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		4510	668	5284	40.53	*28.13	*2295.6	268	185.17	560.40	170.78	45.35
% of Calories								23.7%	16.4%	49.7%	34.1%	9.0%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Dec 2, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 12/19/2024												
Rockwood Elementary Lunc	Total											
Grilled Cheese IW	Sandwich	430	30		4.00	0.00	350.0	3	19.0	27.0	27.0	9.00
Veggie Boat	1/2 cup	14	0		1.05	0.28	15.7	2	0.47	3.14	0.1	0.02
Cranberries, Dried	1/4 CUP	110	0		3.00	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00
Tiger Bites Chocolate Grahams	pkg	120	0		2.00	1.20	0.0	7	2.0	21.0	4.0	1.00
Cracker Goldfish Cheddar	1 EACH	100	0		1.00	0.70	20.0	0	2.0	14.0	3.5	0.50
Turkey on Whole Grain Elem	Sandwich	270	45		2.00	2.00	60.0	4	23.0	30.0	6.5	1.00
Grilled Cheese Pretzel Roll	Pretzel Roll	383	51		3.00	*1.80	*20.0	4	15.12	33.05	20.72	11.12
Sunbutter and Jelly Sandwich	1 Each	635	0		10.00	4.48	100.0	23	20.0	63.5	36.0	4.00
Salad Chef Elem	Salad	309	196		4.83	*4.22	*119.0	2	14.22	35.74	11.69	3.62
Yogurt, Danimals Strawberry	1 Each	60	0		0.00	0.00	100.0	9	4.0	12.0	0.0	0.00
Yogurt, Trix Reduced Sugar 4oz	4 oz cup	80	5		0.00	0.00	140.0	9	4.0	15.0	0.5	0.00
Cheese Cubes, Cheddar	Package (1 o	90	20		0.00	0.00	204.0	0	7.0	0.0	7.0	4.50
Cheese Stick, Mozzarella	1 Each	80	15		0.00	0.00	200.0	0	7.0	0.0	6.0	3.50
Egg Hard Boiled/Egg Pop	1 Each	72	186		0.00	0.88	28.0	0	6.28	0.36	4.76	1.56
Sunflower Seeds, Honey Roasted	Package	190	0		3.00	1.08	21.0	5	6.0	11.0	15.0	1.50
Amazing Chickpea Chocolate	1.25 oz cup	170	0		2.00	1.80	11.0	8	5.0	15.0	10.0	1.50
Juice Apple	serving	60	0		0.00	0.36	0.0	15	0.0	15.0	0.0	0.00
Juice Grape	serving	80	0		0.00	0.36	20.0	18	0.0	19.0	0.0	0.00
Juice Orange	4 oz	60	0		0.00	0.00	0.0	12	0.0	13.0	0.0	0.00
Juice Merry Cherry	4 oz	60	0		0.00	0.20	100.0	13	0.0	14.0	0.0	0.00
Milk, 1% White	Carton	100	15		0.00	0.00	250.0	11	8.0	11.0	2.5	1.50
Milk, Skim White	Carton	80	5		0.00	0.00	300.0	11	8.0	11.0	0.0	0.00
Milk, 1% Chocolate	Carton	130	10		0.00	0.36	200.0	18	8.0	20.0	2.5	1.50
Milk, 1% Strawberry	Carton	140	10		0.00	0.00	250.0	22	8.0	22.0	2.5	1.50
Weighted Daily Average		3822	588	4393	35.89	*19.71	*2508.7	221	167.08	433.78	160.26	47.33
% of Calories								23.1%	17.5%	45.4%	37.7%	11.1%
Nutrient Guideline		550-650				3.30	267.00		8.65		<=30.0	<10.00

Weighted Average		4369	657		40.31	*29.33	*2719.8	*244	185.52	535.09	167.95	50.40
								*50.2%	17.0%	49.0%	34.6%	10.4%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rockwood School District

Dec 2, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

Rockwood Elementary Lunch

Portion Values - Detailed

Page 15

Generated on: 11/15/2024 7:14:04 AM

Nutrient	Menu AVG	% of Cals	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
Calories	4369		Weekly Target	550 - 650	672%				3719						Correction Required - Calories too High
Cholesterol (mg)	657														
Sodium 1a (mg)	5341			1110	481%				4231						Correction Required - Sodium too High
Fiber (g)	40.31														
Iron (mg)	29.33			3.30	889%	Missing									
Calcium (mg)	2719.8			267.00	1019%	Missing									
Sugars (g)	244	22.33%				Missing									
Protein (g)	185.52	16.98%		8.65	2145%										
Carbohydrate (g)	535.09	48.99%													
Total Fat (g)	167.95	34.60%		<=30.00%											Correction Required - Total Fat too High
Saturated Fat (g)	50.40	10.38%		<10.00%											Correction Required - Sat. Fat too High

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.